

Decisional balance and self-efficacy of physical activity among the elderly in Rasht in 2013 based on the transtheoretical model

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Abstract

Background: Regular physical activity has been considered as health promotion, and identifying different effective psycho-social variables on physical has proven to be essential.

Objective: To identify the relationship between decisional balance and self-efficacy in physical activities using the transtheoretical model in the members of a retirement center in Rasht, Guilan.

Methods: A descriptive cross-sectional study was conducted in 2013 by using convenient sampling on 262 elderly people who are the members of retirement centers in Rasht. Data were collected using Stages of change, Decisional balance, Self-efficacy and Physical Activity Scale for the Elderly (PASE). Data was analyzed using SPSS-16 software, descriptive and analytic statistic (Pearson correlation, Spearman, ANOVA, HSD Tukey, linear and ordinal regression).

Results: The majority of participants were in maintenance stage. Mean and standard deviation physical activity for the elderly was 119.35 ± 51.50 . Stages of change and physical activities were significantly associated with decisional balance and self-efficacy ($p < 0.0001$); however, cons had a significant and reverse association. According to linear and ordinal regression the only predictor variable of physical activity behavior was self-efficacy.

Conclusion: By increase in pros and self-efficacy on doing physical activity, it can be benefited in designing appropriate intervention programs.

Keywords: Physical Activity, Aged, Transtheoretical Model

1. Introduction

The world's elderly population is expected to double by the year 2040 (1). In 2006, the United Nations estimated the total number of 687 million, 923 thousand elderly people of the world, and this number will reach 968 million, 153 thousand by 2050 (2). At present, the elderly population are 5.5 million in Iran and we expect 25-30 percent of the population will be over 50 years old in 2031 (3). Male and female life expectancy was computed to be 72.2 and 73.9 years respectively (4). Results show that 8.77 percent of Guilan's population are elderly people, hence Guilan is the oldest province (5). About two-thirds of elderly people suffer from chronic illness and reduction in ability and

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